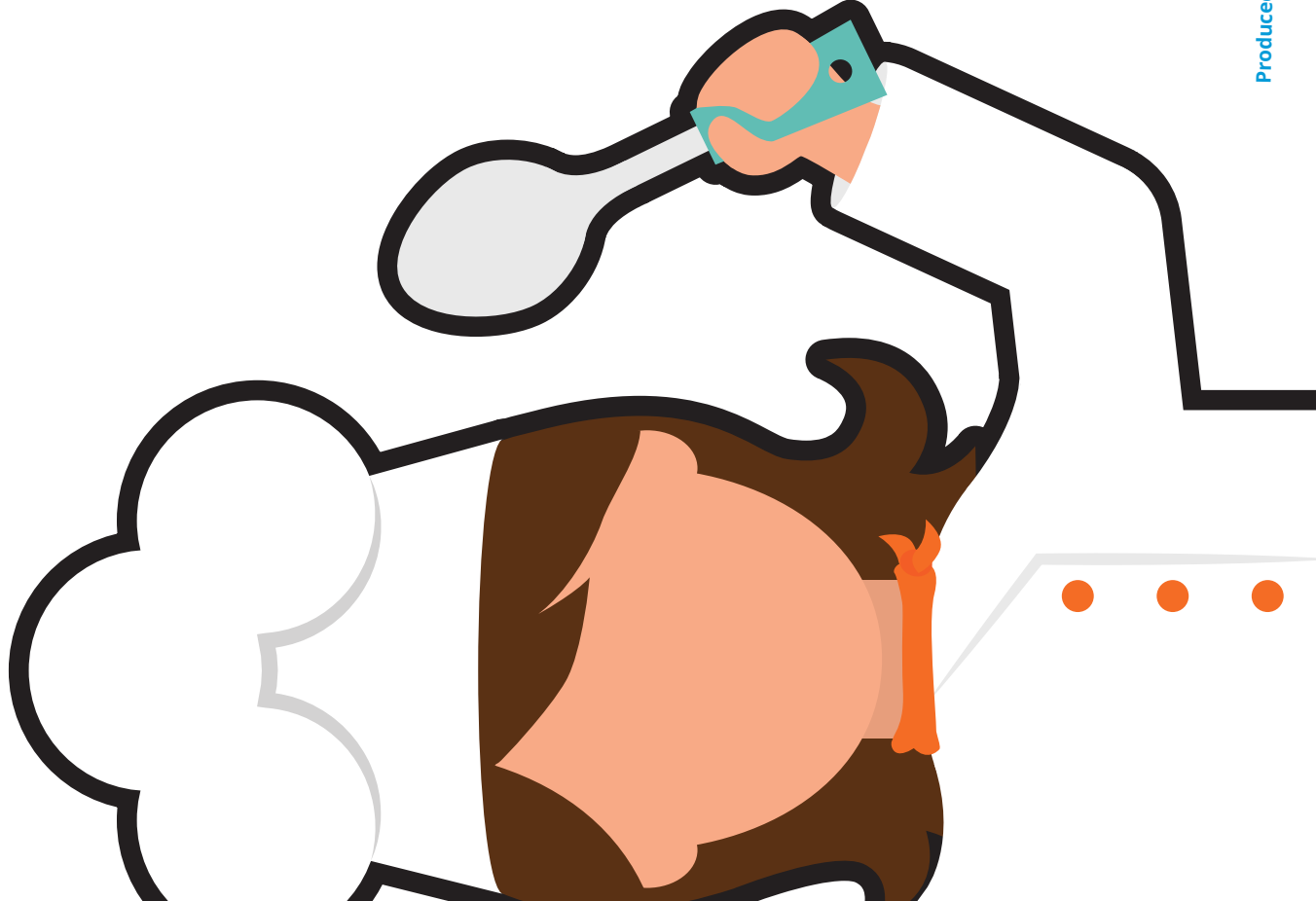


Parents - fill in each circle with two different foods. Then have your child choose which fruit, veggie, grain, protein, and dairy product they want on the dinner menu!



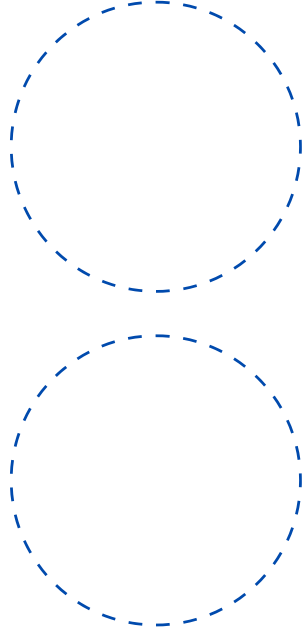
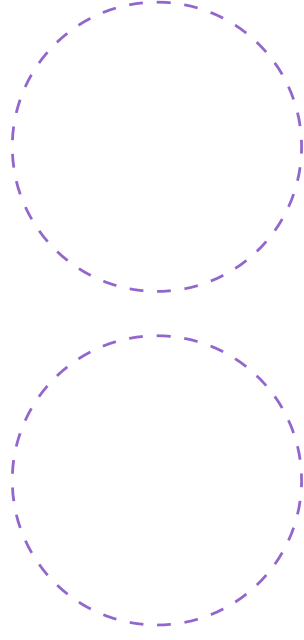
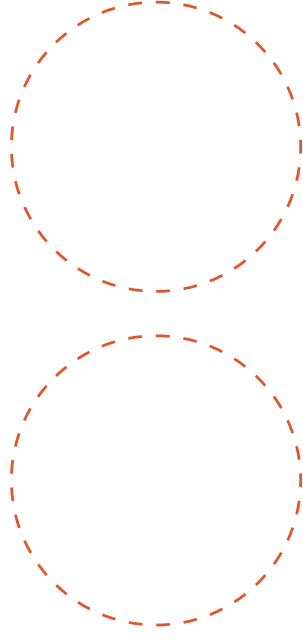
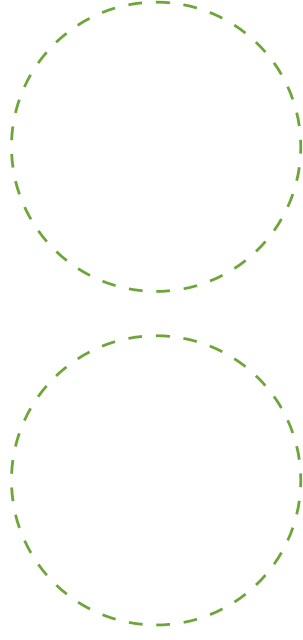
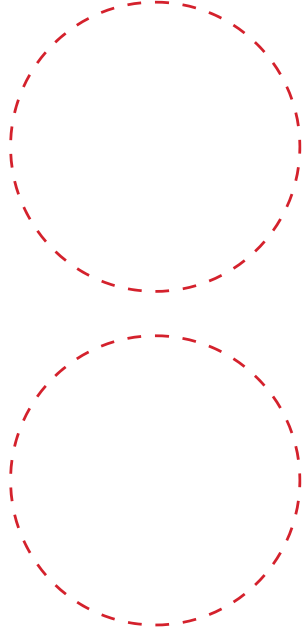
FRUITS

VEGGIES

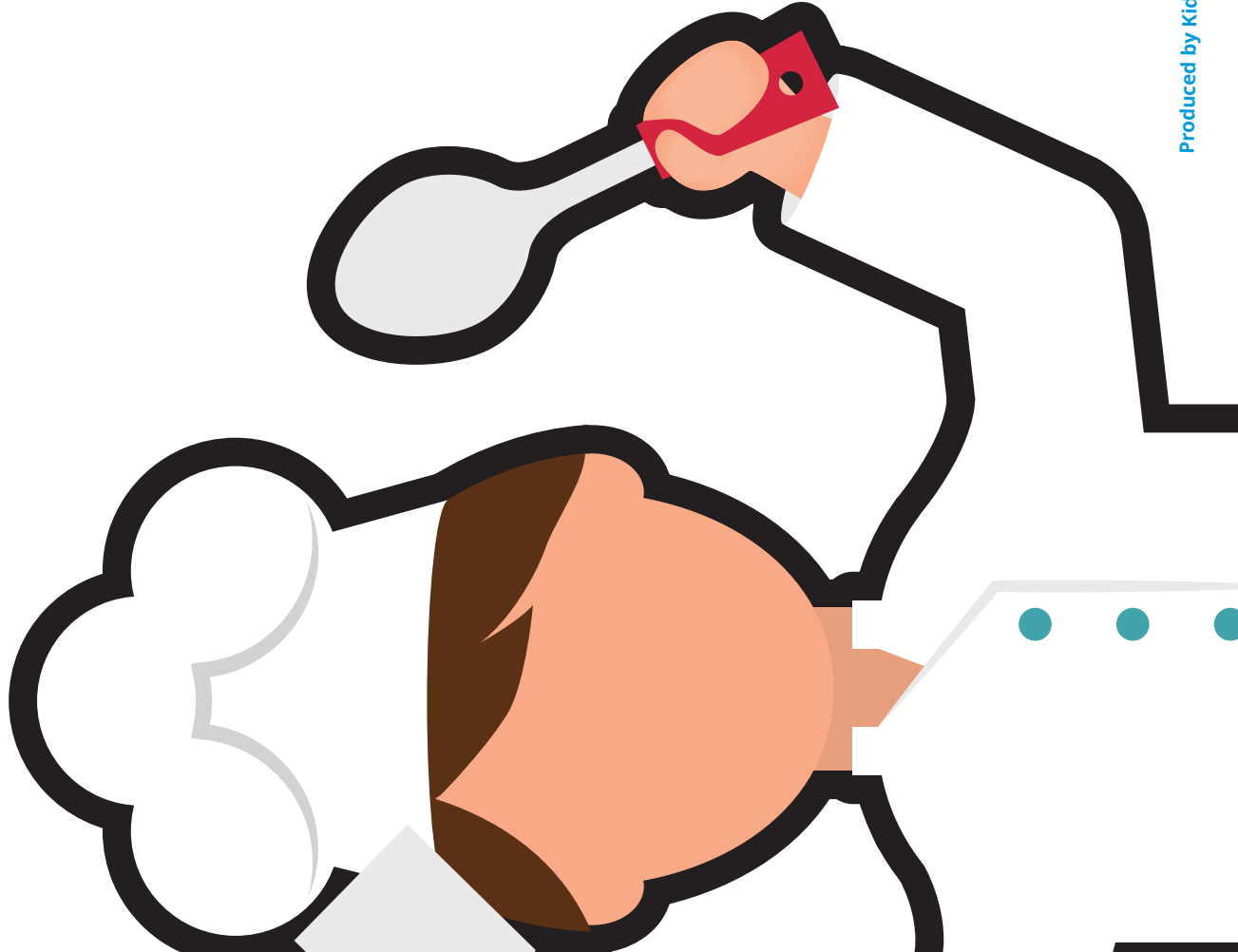
GRAINS

PROTEIN

DAIRY



Parents - fill in each circle with two different foods. Then have your child choose which fruit, veggie, grain, protein, and dairy product they want on the dinner menu!



FRUITS

VEGGIES

GRAINS

PROTEIN

DAIRY

A grid of ten dashed circles arranged in two rows of five. The top row contains five circles with dashed borders in red, green, orange, purple, and blue from left to right. The bottom row contains five circles with dashed borders in red, green, orange, purple, and blue from left to right.